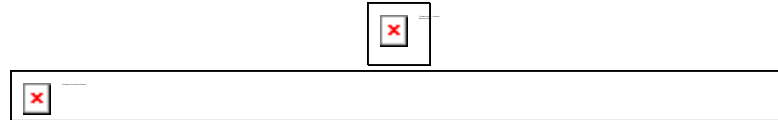


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Some Backpacking Recipes

Huron Stew

**1 cup dried ground beef or textured vegetable protein
4 inch square of dried tomato paste or equivalent
1 cup small macaroni
2 oz shredded mozzarella cheese
Knorr's vegetable soup mix**

Add soup mix to 2 cups water and bring to boil. Add macaroni, boil again and cook 5 minutes. Add meat and tomato paste. Add seasoning if desired. Cover and simmer 10 minutes. Add cheese, turn off heat and wait till cheese melts and serve.

"BBQ SHREDDED SANDWICHES"

This recipe I use turns out very good all the time and even the less experienced cook can make this dish. It is very hard to mess up. It can get messy if you do not pay attention to what you are doing. I like to call it -- "BBQ SHREDDED SANDWICHES" First- what you need to do is go to your local grocery store and buy one small bucket of barbecue shredded pork.

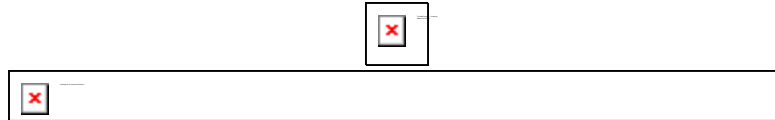
Second- you need to buy some potato bread that is the long type (like a hot dog bun) this makes the sandwich taste better. You can also use any type of bread you like, but I recommend this bread. This is all you need to get at the store and make sure you freeze it before you go on your trip. If frozen it should last all day in the heat frozen.

NOW ITS TIME TO COOK! All that you need is one big pot and a large cooking spoon. First- get your stoves burning and then get your pot on the stove then open your bucket of shredded pork and pour into the pot.

Second- keep cooking until the pork is warm-hot and then make sure you don't burn it cause this stuff will burn easily on those pans that aren't non-stick.

Third- get the buns out and serve the food up to everyone and enjoy. This dish is excellent and I made it at one of my scout outings and about everyone in my troop wanted to have some. have fun with it.

-- Thanks to Mike Liebel, Troop 210 Moreno Valley California



Camping Food

A Whole Bunch of Suggestions to Help You Eat Better in the Great Outdoors

Here are bunch of camp food suggestions from some of the good folks on the Scouts-L Youth Groups Discussion List.

Minute Rice and Other Good Things

To add to Ronalds suggestions; Minute Rice now has a long grain and wild rice mix that was a hit on our last outing. I am a big fan of Ziplock Freezer bags, put the mix in the Ziplock bag and add boiling water. The bags are strong enough to not melt or break. I usually use two, just in case but have never had one fail.

On the subject of bag cooking, check out your local health food store for dehydrated refried beans. Rehydrate in the bag, squeeze onto a tortilla, add cheese and salsa and you have a crowd pleasing fast lunch entree.

Tomato powder has many uses, you can get tomato bouillon in the Mexican food section of Wal-Mart Supercenters.

-- Thanks to Greg Gough, SM Troop 201, Ozark, MO

Some Backpacking Suggestions

Backpacking chow can be really good if you just think about it. The old standby with me is Ramen noodles. Take a package or two of Ramen (more if you're feeding more people) and prepare according to directions. Add a can of boned chicken, tuna, or whatever to the noodles to heat. Add chopped scallions, green pepper, dried and reconstituted mushrooms, sun-dried tomatoes, slivered carrots, or any other backpackable veggie (one that won't get crushed easily and will keep a day or two out of the fridge.

The Ramen noodles also don't require draining, as the water you use becomes the soup when you add the seasoning packet. Have Koolaid or instant iced tea with this, some dried fruit, pita bread and margarine out of a squeeze bottle, and you've got a fine high-carbo meal that will stick with you the next day during the next 10 miles.

I've also tried the spaghetti sauce out of an envelope, not a jar. This is pretty good, too,

although a bit bland. The package directions call for 2 1/4 cups water, a couple tablespoons of oil, and a small can of tomato paste. Bring this to a boil, add the packet of spices, and simmer 15 minutes. Add to it whatever else you want in the way of veggies. I add summer sausage here, since summer sausage keeps without refrigeration as long as you don't open the packet. Angel hair pasta works well, too, since it only takes 2-3 minutes to cook. And add some spices to jazz up the sauce.

Any of you tried making a backpacking DO? I saw this at a roundtable a couple of months ago. Buy a 9" pie pan, and 2 8" cake pans. Bolt the pie pan back-to-back to one of the cake pans by drilling holes and using short bolts. The pie pan becomes the lid to the DO, and the cake pan on top is where you put the coals when you are baking. The second cake pan is where the food goes. Set the contraption on some rocks and put coals underneath, and coals on top, and you've got a small but serviceable backcountry DO--works great on brownies, biscuits, etc.

Breakfasts in the back country are usually of the Poptart/bagel/dried fruit/coffee/cocoa variety, although we make pancakes once in a while with the pancake flour that only requires adding water. Instant dehydrated syrup is about the only item I need to buy at a specialty camp food store these days.

Lunches are invariably of the trail variety--i.e., no cooking. Deviled ham or chicken, pita bread, cheese, dried fruit again, maybe a carrot stick, Koolaid, etc. Some of my guys even eat Vienna sausages (urrrrrpp....)

There are also a ton of DO cookbooks around, and I think one is available through someone on this list.

-- Thanks to Pete Farnham, SM, Troop 113, GW District, NCAC, Alexandria, VA

Meal Planning

One thing we have used to help them think up ideas is the one-pot-meal planner table. Write on the board 4 column headings:

Meat/Protein ----- Starch ----- Sauce ----- Vegetable

Begin with the first column. Ask the Scouts to list all of the meat or other protein foods they can think of. Chicken, beef, cheese, eggs, etc.

Then go to the second column, list the starches: bread, pasta, rice, potato, stuffing mix, etc.

The third column: tomato sauce, gravy, soy, teriyaki, cream, etc.

Finally, the vegetables: you get the idea (somehow spinach never makes it up there).

Now, let's plan a one-pot meal: take one item from each column and put them all in one pot. Now some preparation might be needed for some components, and some items might need special cooking techniques, but that's how you can teach them to begin planning and cooking real meals. By picking your foods carefully, you can create some interesting backpack meals as well.

When we started this about 5 years ago, we saw a lot of macaroni & cheese and spaghetti. We seldom see either any more, and in fact, one time the Patrol Leader changed the menu because he wanted mac/cheese and his patrol revolted, refusing even to eat it. The last few camporees, our patrols have consistently received honorable mentions in the cooking competitions.

If you don't raise the expectations, you won't ever see your Scouts really learn to cook.

-- Thanks to Alan R. Houser ** Scoutmaster, Berkeley Troop 24 **

Sausage for Backpacking

Read a number of people had tried Landjaeger sausage for their backpacking outing & commented how well it kept, but most could not remember they had gotten it, "Just somewhere in Wisconsin." I have an address that hopefully will help: Ruef's Meat Market, 538 First Street, New Glarus, WI 53574. (608) 527-2554 - They do ship. They make it themselves using the "old recipe" It truly is a Swiss sausage using both beef & pork, never needs refrigeration, so makes the perfect backpacking snack & better tasting than dried jerky. No, I don't own the company, just learned about it as my son was learning about the Swiss people, while earning his American Cultures Merit badge. No doubt a few "Wisconsin" bragging rights from me also! Hope it helps

-- Thanks to Cindy, Troop 760, Horicon

Here's a Few Quick Guidelines for Planning Camping Menus

First of all think of the planned activities and adjust the menu accordingly. Choosing dishes that can be prepared with the gear that will be available, keeping in mind trash disposal facilities, is the first step. Of course you can be more exotic with meals prepared on a car camping trip vs. backpacking. The other main concern is any special dietary requirements for the individuals participating.

The main nutritional item to worry about is energy. Carbohydrates, proteins and fats are the primary energy sources to consider. Carbs and proteins are about equal, but fats carry about 2.25 times the calories per pound. On most typical Scouting trips that would

not be important but I've read of climbers on extreme mountaineering treks who took 70% of their daily caloric intake as margarine (yuck). Carbs are easier to digest and "come on line" faster than fats which often take a few hours become available.

Energy requirements increase with activity, of course, but one should also take cold weather and water sports into account. In both cases the body burns a lot of fuel just keeping warm.

Now a few of Dan's rules of thumb for menu planning:

1. Remember the 13th point of the Scout Law: "A Scout is hungry."

2. For high activity outings like backpacking in mild weather figure 4 oz (110 or so grams) of DRY carbs per person per meal. That would include rice, dehydrated potatoes, oatmeal, or pasta. Include anything like spaghetti sauce that accompanies the bulk carbs as a condiment. You can cut back slightly with meals that have extra fat like macaroni and cheese, but not too much. Bulk is important particularly for the evening meal. 3. If a protein source is to be the main course of the meal again figure about 4 oz of cooked meat or dry beans/peas as a portion. For a trail lunch a total of 4 oz of summer sausage or luncheon meat and cheese along with bread or crackers make a good portion.

4. Meals should be planned around the "core" entry but just like buying a car it's the extras that make it enjoyable. Most boys like sweets and including candy or a few cookies on the menu. When backpacking the guys I've camped with really enjoy a cup of hot soup or bullion as a prelude to dinner. As soon as a campsite is selected fire up the stove and get some water boiling. A quick hot drink perks everybody up while camp is being set up.

Point #4 makes the difference on how enjoyable camp meals can be. And remember the lesson I learned when I took a crew backpacking for a week for only \$34 each (including gas for a 6 hr drive each way).

DON'T PLAN OATMEAL FOR BREAKFAST EVERY DAY.

Even oatmeal fans don't like it **THAT** well.

As for the cost, who plans the menu, and who buys the food:

I feel the cost of the outing should be what that outing costs. Our troop usually charges a dollar or two for gas and the patrols buy their own food from a menu that is planned by them and approved by one of the adult leaders. That approval hinges primarily on whether the menu is safe for the Scouts and the environment we'll be in, not whether it sounds good (or even tolerable) to the adult. Usually the adults function as their own patrol for meals and supervise the Scouts from afar as much as safety will allow. Therefore, what the guys plan, buy, eat and cook is pretty much their choice. I would counsel a patrol not to cook pork chops on a hobo stove. I would be willing to let them bring "toaster pastry" and bug juice for winter campout breakfast. Scouting, after all, is supposed to be a learning

experience.

-- Thanks to Dan O'Canna

Recipes

CAMPER'S STEW

Brown 1 lb. ground beef in a pan; pour off grease. Add 2 cans of vegetable soup and 1-2 cans of water (depending on how much gravy you want). Cook until the liquid boils. Serve with bread and butter. (Serves 3 - 4 Scouts or 2 Scouters)

VARIATIONS:

Dice an onion and brown with the ground beef.

Add a package of beef gravy mix to make a more thicker gravy.

If made in a DUTCH OVEN, take a can of refrigerator biscuits and place over the top of the stew while it simmers; cover and add hot coals to the lid; continue to cook until the biscuits are golden brown. ENJOY!!!

-- Thanks to Mike Lardie, Barbarossa District Committee Member, Transatlantic Council

One Pot Chicken Surprise

My favorite is the one pot Chicken surprise. I start with a Sweet Sue whole chicken in a can. I put the entire contents (broth too) into a pot and start fishing for bones... the boys love to help here. Towards the end I always announce that there are four bones left... if some one finds a fifth I marvel at what a unique specimen we have. I then set the pot to cooking over a medium flame, and mix in a fairly thick slurry of Bisquick and water. You may add veggies at this point and just let it simmer until the broth thickens. No refrigeration needed here, and it was a favorite in my canoeing post....

-- Thanks to Pete

A Novel Way to Cook a Haut Dawg

A hot dog cooking idea that I'd never heard of before: Have each camper bring an empty carton of milk, 1-quart or 1/2 gallon. Place hot dog in bun. Wrap in tin foil. Put in milk carton, and place carton in fire circle or other safe burn spot. Light top of carton. By the time the carton is burnt to ground, THE HOT DOG IS COOKED!!

I have not tried this, but the Ranger said it worked and the dawg was nicely cooked, and the bun was lightly toasted. Sounds like a perfect 'just before leaving' meal -- NO CLEAN-

UP!!

-- Thanks to Molly Orchardo

Corny Corn Bread Casserole

1 can cream corn
1 can regular corn
8 oz sour cream
1 stick margarine, melted
onion flakes
1 egg
1 package Jiffy corn bread muffin mix

Mix all together and pour into greased pan. Bake 350 to 375 degree oven until done. depending on size of pan determine length of baking time.

Notes:

Mom makes this in a deep casserole dish and bakes for an hour or so.

When I did this in the dutch oven, I skipped the onion flakes and didn't melt the butter first. It baked for about 40 minutes with 6 coals on the bottom and 20 on top.

A favorite with the boys, won 2nd place in the 1996 Wabuha District camporee cookoff. The boys judged adult division cooking, how did I win feeding them vegetables?

-- Thanks to Bill Randall, ASM Troop 7, Cedar Falls, IA

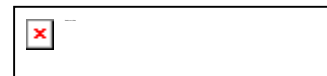
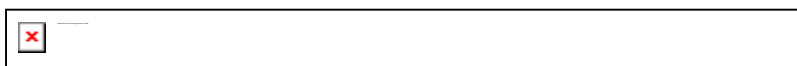
Foil Dinner Meatballs

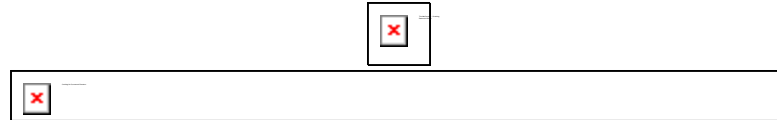
Needed:

Heavy duty foil
Frozen meatballs
Canned potatoes
Cream of chicken soup

Place several meatballs on foil, add some potatoes (you may want to slice them first), and a spoon ful of soup. Fold packet to seal well and place on coals (never on flames). Turn after about 10 minutes. NOTE: if possible get someone to donate welding gloves to the troop for the turning. Using tongs to flip the packets can often cause the foil to tear.







Gourmet Backpacker Menus

By Claude Freaner, Lake Ridge, VA

These recipes were put together as a result of wanting to eat well during 8 day hikes in the High Sierras of California, generally between Mt. Whitney and Yosemite Valley (not all in 8 days!!!). These recipes are what we actually took on various hikes, but are primarily geared toward adults or older youths (people who like green stuff and strange tastes).

Menu

Italian	Oriental	All American
Fettuccine With White Clam Sauce Minestrone Soup Green Vegetable Punch Cake	Won Ton Soup Beef Chop Suey Steamed Rice Punch Almond Cookies	Onion Soup Steak Home Fries Green Vegetable Apple Pie
Mexican Fiesta	New England Dinner	
Vegetable Soup Refried Beans Tortillas Spanish Rice Sweet Corn Cake Punch	Potato Soup Corned Beef and Cabbage New Potatoes Carrots Cherry Pie	

Recipes

Italian

Fettuccine With White Clam Sauce
Minestrone Soup
Green Vegetable
Punch

Cake

This menu is good for either a weekend outing or as a special meal on a long trek. Serves two.

Ingredients:

6 oz. can of Minced Clams
9 oz. pkg. Contadina Fresh Fettuccine or 6 oz. dried pasta
1/4 cup parmesan cheese
2 tsp. cornstarch
1/2 cup powdered milk
2 Tblsp. Margarine
1 pkg. Knorr Minestrone Soup
Fresh Broccoli or Freeze-Dried Green Beans
Crystal-Lite Drink Mix
Mrs. Whites Muffin Mix

Fix soup according to package directions. Put broccoli into 1 inch water, cover and boil for 5 minutes, set aside. For long-term treks, fix the green beans according to package directions. Put pasta in large pot of boiling water, simmer for about 5 minutes, cover and set aside. Mix cornstarch, milk, and 1/4 cup water in pot and heat, stirring constantly, until thick. Add butter, clams and juice from can, plus small amount of additional water if sauce is too thick; stir until hot. Serve pasta with sauce poured on top. Sprinkle parmesan cheese on top of pasta sauce and broccoli. Put muffin mix into Silverstone frying pan, add water, stir, cover with another upside-down frying pan and put on low heat for 10 minutes. Hold both pans together, flip, and cook other side for 10 minutes. Check for doneness by inserting a fork into cake; if done, the fork comes out clean; if not, cook a little longer. Remember to pack out can and other trash.

Mexican Fiesta

Vegetable Soup
Refried Beans
Tortillas
Spanish Rice
Sweet Corn Cake
Punch

This meal is good for a weekend and is especially good on a long trek. Serves two.

Ingredients:

1 pkg. Knorr Vegetable Soup
Freeze-dried Refried Beans
Corn Tortillas

1 pkg. Lipton Spanish Rice Mix
1/2 can Marie Calendar's Corn Bread Mix
1/4 cup sugar
Crystal-Lite Drink Mix
1/4 lb. cheddar cheese

Several packages of taco sauce from a fast-food restaurant or dried red pepper flakes
Dried onion flakes or several green onions

Optional: For a weekend hike, bring along some frozen hamburger, crumble and fry for burritos or tacos. On a long-term trek, if you can catch some fish, add cooked fish to make fish tacos.

Fix soup according to package directions; add "some" red pepper flakes to spice up the soup and give it a Mexican flavor. Fix some freeze-dried refried beans according to package directions (get these at Smart and Final). Heat tortillas one at a time in the bottom of a frying pan over high heat. Cut up the cheese into very small chunks so it looks grated. On a long-term trek, add the onion flakes and some more red pepper flakes to the beans, put some beans and cheese into a tortilla and eat. On a weekend, cut up the green onions; put beans, cheese, and onions into tortilla, add taco sauce, and eat. For sweet corn cake, make the corn bread according to directions, adding the sugar before baking. Pour the batter into a Silverstone frying pan, cover with another upside-down frying pan, and put over low heat for 10 minutes. Hold both pans together, flip, and cook other side for 10 minutes. Check for doneness by inserting a fork into cake; if done, the fork comes out clean; if not, cook a little longer.

Oriental

Won Ton Soup
Beef Chop Suey
Steamed Rice
Punch
Almond Cookies

This menu is for a weekend outing. Serves two.

Ingredients:

Won Ton Cup-A-Soup Mix
8 oz. steak, frozen, or 8 oz. hamburger meat, frozen
2 cloves garlic (or 1 tsp. garlic powder)
2 oz. olive or peanut oil or 2 Tblsp. margarine
1 pkg. chop suey vegetable mix (fresh produce section of grocery store)
1/2 tsp. red pepper flakes
1 cup regular long-grain rice
1 beef bouillon cube
Crystal-Lite Drink Mix
Several packages of soy sauce from Chinese take-out restaurant

Almond cookies

Cut steak up into small pieces at home and freeze. Fix soup according to package directions. Put 2 cups water and 1 cup rice into pot, heat to a boil, reduce heat and simmer for 10 minutes covered. Remove from heat and set aside. Heat oil or butter in Silverstone frying pan, add meat and sauté until done. Add package of chop suey mix and cook for about 4 or 5 minutes. Add red pepper flakes according to how much you prefer Szechwan style. Serve with the rice. Season with soy sauce as desired.

New England Dinner

Potato Soup
Corned Beef and Cabbage
New Potatoes
Carrots
Cherry Pie

This menu is for a weekend backpack trip. Serves two.

Ingredients:

1 Cup Instant Mashed Potato Mix
2 Chicken Bouillon Cubes
Onion flakes or several green onions
1/2 cup dried milk
1 Can corned beef
1/2 head green cabbage
2 medium red potatoes
2 medium carrots
4 Tblsp margarine
2 individual cherry pies (bread and sweet roll section at Von's)

Heat 4 cups water to boil. Add bouillon and dried milk, reduce heat to simmer. Add in instant mashed potatoes slowly, stirring constantly. Add onion flakes or finely chopped green onion and simmer over low heat for 3 or 4 minutes. In large pot, put quartered potatoes, cut up peeled carrots, and cabbage cut into 4 pieces, along with about 1 inch water. Heat to boiling, reduce heat and simmer until potatoes and carrots are done (about 30 minutes). After vegetables are done, cut corned beef into chunks, put in pot on top of vegetables and heat another 5 minutes. Make sure pot doesn't run out of water. Serve, putting margarine on top of potatoes.

All American

Onion Soup
Steak
Home Fries
Green Vegetable

Apple Pie

This menu is great for a weekend backpack trip. Serves two.

Ingredients:

1 pkg. Lipton French Onion Soup Mix
16 oz Sirloin steak, frozen
2 medium potatoes
1 small yellow onion
4 oz. olive oil
Frozen Julienne Green Beans
2 Individual Apple Pies (bread and sweet roll section at Von's)

Fix onion soup according to package directions. Quarter potatoes and onion, then cut into thin slices. Heat half of oil in Silverstone frying pan and add potatoes and onion, sauté for about 20 minutes, or until done. Cover and set aside. In a small pot, put 1/2 cup water and the green beans. Heat to boiling and simmer for 5 minutes. Cover and set aside. Heat rest of oil in Silverstone frying pan, add steak, sauté until done enough. Options: Take along a small plastic container of A1 Sauce, Worcestershire Sauce, or whatever else you like. You can also add a little cut up bell pepper to the home fries.

--Thanks to :

Claude Freaner
Lake Ridge, VA

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☐	☐
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Young Backpacker Food Hints & Recipes

By Claude Freaner, Lake Ridge, VA

This was originally written to be given to parents of new Scouts who had just joined our Troop (885) in Chula Vista, CA. Many of the boys, and their parents, came from urban areas and had never cooked in the wilderness before, so we prepared this information to help them out. I hope this helps you with some ideas about food in the wilderness for youth. In the interest of being politically correct, I should mention that this applies equally well to young female hikers. Hopefully, you and your children will have a much better time hiking in the back country when you are well fed.

Food for New Hikers

General: Several of us in Troop 885 think of ourselves as gourmet cooks on our backpack outings. We also realize that a new Scout going on his first hike, probably for the first time in his life, is "leaving civilization and Mom." We would like to suggest food for these inexperienced cooks that usually is nutritious, is always something he will eat, and is easy to fix, particularly when he is tired.

Hopefully you have read everything else up to this point and have purchased your Scout a Silverstone frying pan and a small pot. The official Scout mess kit is just exactly that - a MESS - because it takes a lot of skill and patience to cook on uncoated aluminum. Nothing will turn a boy off quicker than the frustration of having all his food stick to the pan and burn when he is tired, hungry, and away from home. The meals recommended below are relatively easy to fix and are appealing to most boys. Have your Scout use his camping equipment and practice cooking some of these meals at home on a weekend. This way, he will already know what he likes and how to fix it. Other than freeze-dried eggs, nearly all of the food items listed are available at local supermarkets.

Parents will notice a distinct lack of vegetables in these meals. If your Scout likes vegetables at home wants to take some hiking, then by all means add them to the menus. Otherwise, remember that the adult hikers will also be tired and hungry at dinner, and cannot be expected to force a boy to eat his spinach on a weekend hike. Let the Scout look forward to a hike with minimum hassle and make him eat vegetables at home. Then, after he gets tired of the same old food after a few hikes, he will start looking at what the gourmets are eating and will begin to appreciate some vegetables and other weird foods. (As an aside, when we go on week-long Sierra Treks, we do make them eat vegetables, fruit, other healthy stuff.) You will notice that we sometimes include "junk foods" in the menus as we believe a little bit won't hurt much and the Scouts really like the stuff. We do recommend that each Scout take 3 or 4 pieces (not pounds) of hard candy per day along

for the steep stretches of trail. Sucking on the hard candy will provide additional quick energy. However, please don't send a lot of candy and junk food instead of the meals listed below. All that sugar tends to make kids hyperactive and we don't need a kid along who is higher than a kite on sugar. Our meals have a little protein, a little fat, and a lot of complex carbohydrates, which is what the body needs for sustained energy on a hiking weekend.

Feel free to rearrange these items - these are merely suggestions. As a Scout's experience grows, he may like to add in some of the options. When you help him organize his food, remember to help him repackage everything from large boxes or bottles into small baggies or Ziploc bags. Please do not pack more food for a meal than he will eat, because he has to carry it on his back. For example, don't send a 16 oz. jar of instant Tang - put enough for one cup of juice into a baggie and tie with a twister seal. If the item is already in a single serving size, such as individual Kool-Aid packets or hot cocoa packets, then leave it in its original wrapper. Put all the ingredients for a single meal into a single larger baggie or Ziploc. Then put all the bags into a small trash bag, or plastic grocery bag, and tie shut. This way, all food is together for a single meal and not lost throughout his backpack.

Breakfasts

1. Instant oatmeal

Tang
Hot cocoa
Dried Fruit

2. Bagel with jelly

Tang
Hot cocoa
Dried Fruit

Bagels are the preferred bread for hikers. They taste good, don't crush, and won't dry out appreciably.

3. Bacon (2 slices)

Freeze-dried scrambled egg
Bagel (pre-buttered)
Dried fruit
Hot cocoa

Take 2 strips of bacon, cut in half, and pre-cook at home until it's almost done (still a bit limp). Wrap in plastic wrap securely. Bacon prepared this way will keep for a few days and can be easily reheated in his frying pan.

4. 2 Breakfast bars or Pop-Tarts

Tang
Hot cocoa
Dried fruit

5. Pancakes

Bacon

Syrup/butter

Hot cocoa

Buy the pancake mix that only needs to add water (Krusteze is good), and put just enough for 2 or 3 pancakes in a baggie for him. For syrup, get an extra one next time you go to a fast food place in the morning, or he can mix a one-quart package of Kool-aid with only a little water. For butter, put some margarine into 1 or 2 of the little plastic salsa containers that come with Mexican take-out food.

6. Dry cereal (pre-sugared variety)

Powdered milk

Hot cocoa

Dried fruit

Lunches

The best time to eat lunch when backpacking is from about one hour after breakfast until about one hour before dinner, continuously. In other words, frequent small snacks of complex carbohydrates all day long. That way the body has a constant source of energy available and the Scout is less likely to get too tired. We generally recommend nibbling on trail mix all morning and afternoon, with a little more substantial food for lunch.

Carbohydrates come in two main types, simple and complex. Simple carbohydrates are sugars. These cause a rush of energy that lasts an hour or so and leaves you with a jittery feeling from low blood sugar/too much insulin. Your system yo-yos back and forth and you don't really have the sustained energy you need. Complex carbohydrates are like tiny time capsules of energy: the body needs to digest them, and when it does they release energy for long period with no waste products. Examples are breads, cereals, beans, pasta, etc. So, what kinds of complex carbohydrates should a Scout take hiking? All kinds!

Trail mix is a good snack food for the day-long lunch. You can buy trail mix already put together at the Price Club (inexpensive) or nearly all supermarkets. You can also mix your own and put in exactly what your Scout likes. Most trail mixes consist of dried fruit, nuts, seeds, etc. A recipe that most Scouts like is one part of M&Ms, two parts peanuts, and one part raisins. You can also throw in a little shredded coconut and some dried banana chips, if he'll eat them. Other good things include shelled sunflower seeds, carob, mixed nuts, pretzel sticks, or the little Japanese cracker-like snacks. (Go easy on the candy part - it's better to have less candy and more other stuff.) As to how much he will need, for each day of hiking the most he will need is a double handful (less than a cup, if you have to measure it). By comparison, one pound of trail mix will last for a week in the high Sierras. Whatever you get for him, make sure your Scout likes it by having him try it at home first.

Bagels, or the small bagelettes, are great breads to take along for the more substantial food break around noon. Make some up at home by cutting them in half and putting jelly

and/or peanut butter in it, then wrapping it in plastic wrap. Crackers such as Triskit, Wheat Thins, and Ritz are also good. Granola bars are also a good form of complex carbohydrates.

You should stay away from fats entirely during the day while hiking, as the body takes a fair amount of time to digest fats and convert them to energy. Some fat in the evening meal is good for the hiker, as the body can make use of it while asleep, but it is not good for you while working hard. Jerky, salami sticks, beef sticks, dry salami, etc. are good meats to take along, but only in small amounts for lunches. Other foods that are good are sardines, ham spread, chicken spread, and so forth, although he will have to carry the weight of the can around with him. In addition, small chunks of cheese or a package of string cheese also tastes good. Remember, however, that meats and cheeses contain a lot of fat and the Scout should not have much of this during the day; the best hiking lunch going is a peanut butter and jelly sandwich.

Dinners

This is the second most important meal for a hiker's physical needs (breakfast is first), but the most important for his mental well-being. By the time dinner rolls around, the Scout will be tired, his feet will hurt, he'll be sunburned and mosquito-bitten, he'll itch, his patience will be nonexistent, and he'll be very hungry. This means the meals need to be simple and quick to fix and appealing to his palate (something he will eat) as well as containing the right foods for the body. The evening meal is when he should eat the majority of the day's supply of protein and fats. Since fats take more time to digest than carbohydrates, his body will be using the fats and proteins to repair itself while he's asleep.

The ingredients and possible dinners listed below are always changing but will give you an idea what's available. All it takes is a little imagination and you have a first class meal. When you must repackage things that need directions, cut out the directions from the box, put into the baggie with the food, and then seal with a twister; rewrite the directions in simple language on a piece of paper, portioned according to the amount he will prepare, and include with the food.

Try to include soup with each dinner; this is to help get more water back into his system to prevent dehydration, and also gives him something quick to eat while the rest of the meal is cooking. Listed below are some ideas for new hikers. If your Scout really wants some more vegetables, or you insist he have them, send along carrot and celery sticks; most kids will eat them. Deserts can be just about anything. Instant puddings mixed with dry milk are always good. Other alternatives are anything made by Hostess, such as Ding Dongs, Twinkies, Fruit Pies. Also good are home made cookies or brownies.

1. Chicken Noodle Cup-a-Soup

Hamburger patty

Mashed potatoes

Corn

Punch

Hostess Fruit Pie

Make up the hamburger patty at home and freeze it. As he gets ready to go on Friday afternoon, wrap the frozen patty in foil, shiny side in, and seal in a small Ziploc bag. Buy instant mashed potatoes and send one serving sealed in a bag. Add a dash of powdered milk to make it creamier. Buy frozen whole-kernel corn; send one serving along, sealed in a bag. Wrap the hamburger and corn in his spare T-shirt for insulation; it will thaw slowly during the day Saturday and be ready to cook at night. For punch, we recommend artificially sweetened Kool-aid or Crystal Lite as they are light weight and taste good. He won't need the sugar in the evening from the other kind. Fry the hamburger until done enough. The junk food dessert is because he's a kid!

2. Vegetable Cup-a-Soup

Chicken Top Ramen

Bagel

Small can chicken

Punch

Hostess Ding-Dongs

Dump the chicken into the Top Ramen while it is cooking.

3. Chicken Noodle Cup-a-Soup

Small can chicken

1/2 Cup White Rice

1/2 package Chicken Gravy Mix

Punch

Twinkies

Put the rice (regular long-grain rice) in the small pot with 1 cup of water, dump in the chicken, cook for 15 minutes on low heat, covered. Mix the gravy up according to directions, dump in with chicken and rice, reheat until boiling.

4. Chicken Broth Cup-a-Soup

Two hot dogs

1 Tablespoon Spaghetti Sauce Mix

Spaghetti Noodles

4 packages McDonald's Catsup

Punch

Instant Pudding with powdered milk

Break spaghetti noodles into smaller lengths at home. Boil in pot for 10 minutes or so. Pour off most of water, put sauce mix and catsup into pot with noodles. Cut hot dogs into small chunks and add to noodles and sauce. Cook over low heat, stirring, until hot dogs are hot. Clean out pot after eating out of it, put pre-measured instant pudding and powdered milk into pot, add proper amount of cold water, stir, let stand until thickened, eat.

5. Chicken Broth Cup-a-Soup

1/2 package Kraft Macaroni & Cheese

Small can tuna

Corn

Punch

Home made chocolate chip cookies

Repackage the 1/2 of macaroni in a Ziploc. Also 1/2 of cheese packet in another Ziploc bag, along with some powdered milk. Cook according to directions; add the tuna at the end, reheat, eat.

6. Chicken Noodle Cup-a-Soup

Stew

Bagel

Punch

Freeze some stew at home in a small 2 by 3 by 4 in Tupperware. Put into a Ziploc in case of leaks. Put a piece of cake into another Tupperware and send along for dessert.

Gourmet Suggestions

Below are listed some ideas for menus that have been prepared by the High Adventure Gourmets of Troop 885.

- **Fettucini Alfredo with White Clam Sauce and fresh Broccoli with Hollandaise Sauce**
- **Mexican Tacos with Spanish Rice and Refried Beans**
- **Corned beef, cabbage, and new potatoes (St. Patrick's day)**
- **Beef Stroganoff with Green Beans and Corn Bread**
- **Roast Beef, Mashed Potatoes, Peas, Gravy**
- **Roast Turkey, Mashed Potatoes, Stuffing, Broccoli with Hollandaise Sauce**
- **Beef Burgundy, Braised Noodles, Steamed Carrots**

Listed below are pre-packaged, canned and dry foods from the local supermarket that are great for preparing delicious meals on the trail. Many of the meats and seafoods can be found in very small cans. The fresh or frozen vegetables are great for variety, but do tend to be somewhat heavy for a younger Scout. Take a tour through the supermarket and make up your own list with what your son likes.

Supermarket Backpacker Foods

Pasta/Rice	Soups
• Kraft noodles and Cheese ◦ Fettucini Alfredo ◦ Cheddar Broccoli • Lipton's Noodles and Sauce	• Lipton Cup-a-Soups

- o Butter Noodles - o Sour Cream and Chives - o Cream Garlic - o Alfredo - o Stroganoff - o Parmesan • Macaroni & Cheese • Rice a Roni • Lipton's Flavored Rices - o Spanish - o Cheddar & Broccoli - o Chicken • Long-grained white Rice • Wild Rice Sauces • Brown Gravy • Chicken Gravy • Mushroom Gravy • Hollandaise • Taco • Teriyaki, etc.	Vegetables • Frozen Corn • Frozen Peas • Frozen Green Beans • Fresh Broccoli Breads • Bagels • Marie Calender Corn Bread Mix • French Rolls • Bisquick biscuits Canned Meats • Chicken • Mexican Chicken • Tuna • Beef • Corned Beef Desserts • Anything by Hostess • Fresh Fruit • Small Pies
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In conclusion, you can send just about anything the Scout will eat, but please send stuff that is easy and quick. Eventually, as he gets older, he may take an interest in his food and become a good wilderness cook, experimenting with all sorts of stuff, just like the rest of us. If parents or Scouts have any questions about any of this, please don't hesitate to come down to a Troop meeting and talk to us about it. Any of our High Adventure Leaders will be happy to discuss and debate at great length the various aspects of cooking in the great outdoors. We especially like to receive new ideas or suggestions from others.

--Thanks to :

Claude Freaner
Lake Ridge, VA



